

Informed Consent for Counselling and Narrative Practice

Spirit Led Counselling and Support Services

I acknowledge that I am engaging in services with Spirit Led Counselling, provided by Sharon Mackenzie (ABN: 64 980 520 433), which offers professional guidance in a compassionate and respectful environment. I understand that the services provided—including counselling, chaplaincy, narrative practice, art-based work, and aromatherapy (when chosen)—are designed to support my personal growth, emotional well-being, and holistic healing journey. These services are non-medical and non-diagnostic in nature and are not a substitute for medical or psychiatric care.

I have been informed that my sessions are confidential, and my privacy will be respected. However, I also understand there are certain legal and ethical situations, such as concerns for my safety or the safety of others, where my counsellor may be required to break confidentiality due to duty of care and mandatory reporting obligations.

I am aware that participation in these services is entirely voluntary and that I may choose to withdraw my consent and discontinue services at any time, without fear of judgment or penalty. I am encouraged to communicate openly about my needs and preferences throughout the process.

By signing below, I acknowledge that I have had the opportunity to ask questions, have received satisfactory answers, and fully understand the nature and scope of the services offered. I am giving my informed consent freely and voluntarily.

Client Name	Client Signature	Date